



THE Kitchen Front Broadcast will be one year old on June 13th, and Lord Woolton will himself say "Many happy returns" on the air. Here are a few special favourites which we have been asked for many times from recipes and hints which listeners have heard during the year:

BOTTLING RHUBARB WITHOUT SUGAR

Stew the rhubarb as usual in a saucepan with just enough water to prevent it burning. Immediately it is soft, pour into *hot* clean bottles or jam jars, any convenient shape or size, and seal the tops at once with 4 circles of clean paper spread with home-made paste. The paper circles must be large enough to come well down the outside of the jars and must be pressed down one on top of the other.

TO SWEETEN SOUR FRUIT

When you are stewing acid fruits you can reduce the sugar needed by as much as one-third by the use of bicarbonate of soda.

Add the bicarbonate to the hot fruit and stir it in slowly to avoid frothing.

Raspberries, redcurrants, plums and rhubarb need half of a level teaspoonful of bicarbonate per pound of raw fruit; gooseberries and blackcurrants a whole level teaspoonful.

POTATO SALAD

The golden rule is "mix warm and eat cold."

Steam 1 lb. potatoes in their skins, peel and cut them into small dice. Add a finely-chopped spring onion and salad dressing, whatever kind you like best. Mix these well with a wooden spoon. When the salad is cold add a good sprinkling of chopped parsley.

NO BONES ABOUT IT!

It is a great mistake to think that a bone stock is necessary for soup. Bones, with the exception of marrow bones, give flavour but no nourishment. Try making soups from vegetables only and remember that if you grate the root vegetables and chop the green ones, the soup will cook in 20 minutes.

DATES TO REMEMBER

June 13th. Kitchen Front Birthday Broadcast 8.15 a.m.

June 14th. Last day for applying for new Food Ration Books.

June 14th. Register for eggs with your retailer before this date to make sure of your share when rationing starts. Use the counter-foil on the 3rd spare page of the Ration Book.

June 16th. Last date for renewing National Milk Scheme permits. Get your application form now from the local Food Office.

THE MINISTRY OF FOOD, LONDON, S.W.1

The Ministry Of Food.

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